



Make It Quick



You can make healthy meals quickly. Here's how:

- Plan weekly menus in advance. 
- Choose recipes with few ingredients (no more than 5) and short cooking time.
- When shopping, buy pre-washed lettuces, salad mixes, cut vegetables or fruit.
- Choose lean meats that are pre-cooked and just need to be reheated.
- Keep frozen and canned vegetables on hand to quickly add to meals.
- Soups, stews, or meat can be put in a slow cooker to cook while you are busy.
- Spend some time on the weekend cooking your favorite recipes if you are too busy to cook during the week.
- Make plenty for several meals plus enough to freeze. Divide up the meals into single servings in freezer bags or containers.
- Add a mixed green salad and a side of fruit for a meal. 
- Consider pre-packaged frozen or refrigerated meals that are low in calories, fat, and salt.

Quick cooking



- Bake
- Microwave
- Broil
- Steam
- Lightly stir-fry or sauté in cooking spray or a small amount of olive or canola oil, or reduced sodium broth
- Grill seafood, poultry, meat, or vegetables

